

MESOCYCLE 1 - INTEGRATION (FOUNDATION PHASE)

DECEMBER

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Monday	Core weight training Upper Body Split	Core weight training Upper Body Split	Core weight training Upper Body Split Weight Progression	Core weight training Upper Body Split Weight Progression
Tuesday	Cardio training 1 hr Outdoor: running Indoor: rowing & step	Cardio training 1 hr Outdoor: running Indoor: rowing & step	Cardio training 1 hr Outdoor: running & boxing Indoor: rowing & boxing	Cardio training 1 hr Outdoor: running & boxing Indoor: rowing & boxing
Wednesday	Core weight training Lower Body Split	Core weight training Lower Body Split	Core weight training Lower Body Split Weight Progression	Core weight training Lower Body Split Weight Progression
Thursday	REST	REST	REST	REST
Friday	Cardio training 1 hr Outdoor: running Indoor: rowing & step	Cardio training 1 hr Outdoor: running Indoor: rowing & step	Cardio training 1 hr Outdoor: running & boxing Indoor: rowing & boxing	Cardio training 1 hr Outdoor: running & boxing Indoor: rowing & boxing
Saturday	Core weight training Full body excercises	Core weight training Full body excercises	Core weight training Full body excercises Weight Progression	Core weight training Full body excercises Weight Progression
Sunday	REST	Corrective Rehab Osteopathy/massage	REST	Corrective Rehab Osteopathy/massage

Unsupervised hours